(i) a C_{max} for estrone that is from 170.6197 pg/ml to 266.5933 pg/ml.

14. The method of claim **12**, wherein administration of the composition to the subject further produces, in a plasma sample from the subject, one or both parameters selected from:

(i) an $AUC_{(0-t)}$ for total estrone that is from 80.7010 ng·hr/ml to 126.0953 ng·hr/ml; and

(ii) a C_{max} for total estrone that is from 14.1716 ng/ml to 22.1431 ng/ml.

15. The method of claim **8**, wherein administration of the composition to the subject further produces, in a plasma sample from the subject, one or both parameters selected from:

(i) an $AUC_{(0-t)}$ for progesterone that is from 24.0174 ng·hr/ml to 37.5272 ng·hr/ml; and

(ii) a C_{max} for progesterone that is from 17.8444 ng/ml to 27.8819 ng/ml.

16. The method of claim **12**, wherein administration of the composition to the subject further produces, in a plasma sample from the subject, one or both parameters selected from:

(i) an $AUC_{(0-t)}$ for progesterone that is from 48.0348 ng·hr/ml to 75.0543 ng·hr/ml; and

(ii) a C_{max} for progesterone that is from 35.6889 ng/ml to 55.7639 ng/ml.

17. The method of claim **1**, wherein the composition comprises about 0.25 mg estradiol and about 50 mg progesterone.

18. The method of claim **8**, wherein the composition comprises about 0.5 mg estradiol and about 50 mg progesterone.

19. The method of claim **8**, wherein the composition comprises about 0.5 mg estradiol and about 100 mg progesterone.

20. The method of claim **12**, wherein the composition comprises about 1 mg estradiol and about 100 mg progesterone.

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